

**Abstract**

The object of the invention is a rolled, forged or extruded aluminum alloy  
5 product more than 12 mm thick, heat treated by solutionizing, quenching and  
artificial aging, with a microstructure characterized by the following parameters:  
- the fraction of recrystallized grains measured between one-quarter thickness  
and mid-thickness of the final wrought product is smaller than 35% by  
volume;  
10 - the characteristic intercept distance between recrystallized areas is greater  
than 250  $\mu\text{m}$ , preferably greater than 300  $\mu\text{m}$  and most preferably greater  
than 350  $\mu\text{m}$ .